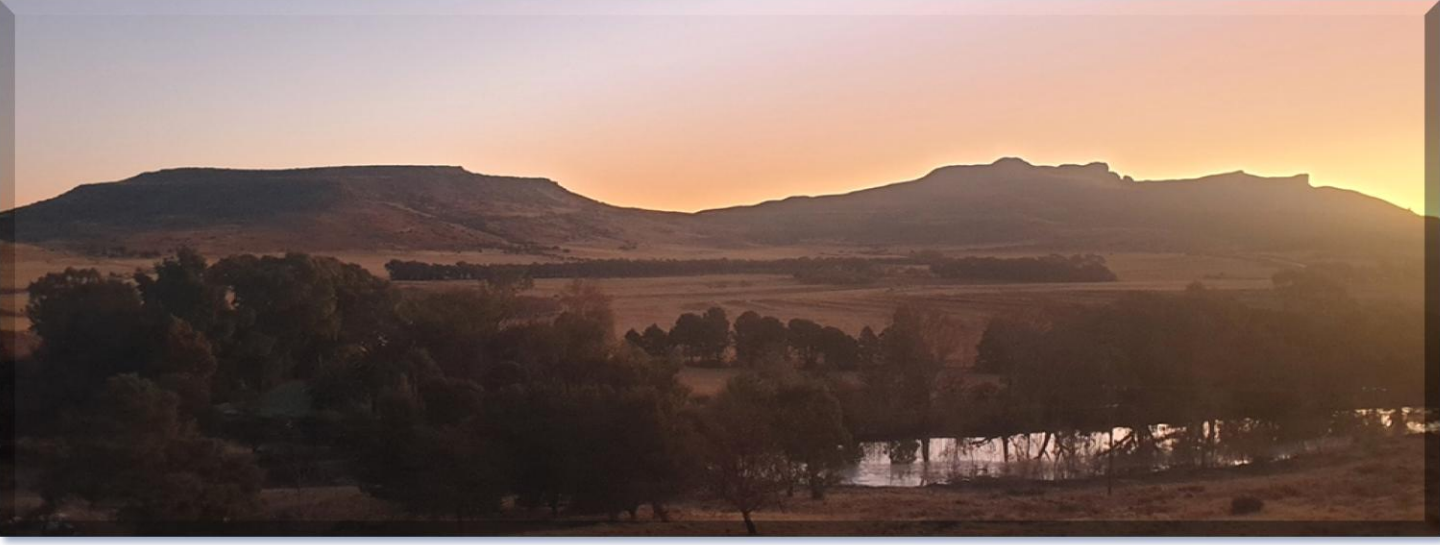


Sky above me. Earth beneath me. Fire inside me

Just 40 min outside of Bloemfontein lies the Free State farm, Alexandria, at the foot of the legendary Black Mountain. Better known to the locals as *Thaba Nchu* Mountain.

The Flanegan family has been farming on this precious land since 1916 and are enthusiastic runners. Rodney Flanegan, owner of Alexandria once said: “ We are so privileged and this is so beautiful; I just want to share it with everyone.” That is exactly what we’re doing!

FARM ALEXANDRIA TRAILS

Alexandria Trail Challenge

SATURDAY
13 FEB 2021
FARM ALEXANDRIA
TWEESPRUIT

Race Information

GENERAL

Entries

Entries are payable before or on the day (before the race starts)
Entries opens on 02 November 2020 and closes 01 February 2021
Unfortunately no refunds but substitutions are allowed up to 3 days before the race. Substitution fee of R50.
Entries will be available on the day with a late entry fee of R25 is applicable
Race Start and finish at the Active Cafe

Race Entry Includes:

Well marked routes
Water/aid stations
Race Number
Finisher Medal
Boerie Roll and beer or soft drink
Sweepers

Race entry does not include:

Personal nutritional requirements
Basic medical support is offered for emergencies. This excludes ambulance, helicopter evacuation and hospitalization, which will be for the participant's cost.

Prize Giving

Prize giving will take place as soon as most runners are in

Mountain Goat Trail- 21 kms

Entries

Entry fee of R350 payable before or on the day (before the race starts)
Online entries:
https://pay.yoco.com/alexandria-trails-and-country-inn
Use your Name, Surname and Distance as reference:
Joe Soap / 21kms

Registration and start times

Registration at Active Cafe from 06h00 on Saturday 13 Feb 2020
Race briefing at 06h20
Race starts at 06h30 (it will be hot and want the runners to have an early start)

Runners Information

Runners must be self-sufficient for the day, there will be 2 water stations at strategic points.
Runners must be fit and up for elevation and endurance.
Runners must stick to the marked trail and no short cuts are allowed.
There will be sweepers and check points.

Compulsory Running Equipment

Backpack Water container min 1.5l.
Food / drink / nutrition during the run.
Sun protection- Hat/buff/glasses/sub block
Whistle .
Space blanket .
Cell phone – emergency numbers will be given on the day.
It is compulsory to have fun and enjoy the scenery.

Ox Wagon Trail - 10 kms

Entries

Entry Fee of R200 payable before or on the day (before the race starts)

Online entries:

https://pay.yoco.com/alexandria-trails-and-country-inn

Use your Name, Surname and Distance as reference:

Joe Soap / 10kms

Registration and start times

Registration at Active Cafe from 06h00 on Saturday 13 Feb 2020

Race briefing at 06h50

Race starts at 07h00

Runners Information

Runners must be self-sufficient for the day, there will be 1 water station at a strategic point.

Runners must be fit.

Runners must stick to the marked trail and no short cuts are allowed.

There will be sweepers and a check point.

This is a scenic and diverse route that guarantees lots of fun.

Recommended Running Equipment

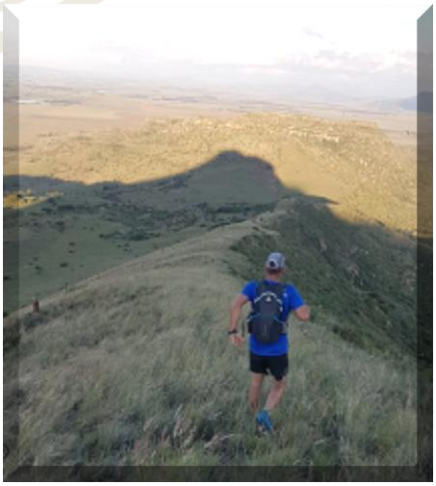
Backpack Water container min 1l.

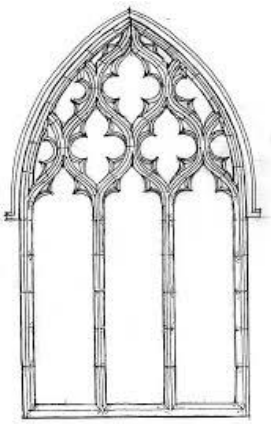
Food/drink /nutrition during the run.

Sun protection- Hat / buff / glasses / sun block

Camera

Cell phone – emergency numbers will be given on the day





Cathedral Trail – 5 kms

Entries

Entry Fee of R100 payable before or on the day (before the run starts)

Online entries:
https://pay.yoco.com/alexandria-trails-and-country-inn
Use your Name, Surname and Distance as reference:
Joe Soap / 5kms

Registration and start times

Registration at Active Cafe from 06h00 on Sat 13 Feb 2020
Race briefing at 07h50
Race starts at 08h00

Runners Information

Runners must be self-sufficient for the day, there will be 1 self help water station.
Runners must be fit
Runners must stick to the marked trail and no short cuts are allowed.
There will be a sweeper
Smile, this is a great, non technical run for any nature lover.

Recommended Running Equipment

Sun protection- Hat/buff/glasses /sun block
Camera
Cell phone – emergency numbers will be given on the day

Additional Information

Accommodation

Alexandria Country Inn – sleeps 4. Contact: 079 098 7007
Black Mountain Hotel. Contact 051 871 4200

Getting to Alexandria Trails

Form Bloemfontein follow the N8 towards Maseru. At the S1048 sign turn right and follow the boards.

Non Competitors

This events aims to be a family day with farm style catering, a coffee and beer tent. Come and relax under the trees while cheering the runners as they cross the finish line.

For the children there will be a jumping castle and pony rides. Soft serve and many more.

Yoco Card facilities available